



EASY PORTUGUESE RECIPES

BY:
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AND TIAGO MONIZ

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Easy Portuguese Recipes

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DEDICATION

We dedicate this book to all cooks, amateur and professional alike.

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Sauces and Side Dishes

FRESH CHEESE – *queijo fresco*

Ingredients:

- 2 rennet tablets
- 1 tbsp. salt
- 4 cups milk (goat or cows milk)

Directions:

Warm the cow's or goat's milk on the stove, but don't boil it.

In a large bowl mix the rennet and salt together and then pour the warm milk on top. Mix.

Let it sit for a few minutes, you will see that the whey will start to separate from the cheese. You can now start spooning the cheese into the cheese molds. Fill the molds as much as you can, while letting the liquid drain out of the mold. For the rest of the day keep draining out the liquid by tilting the mold or just using a spoon.

Serve when done.

Serves 2

TOMATO RICE

Ingredients:

¼ cup Portuguese olive oil
1½ cups finely chopped onion
2 tsp. minced garlic
1½ tsp. salt
½ tsp. crushed red pepper flakes
1 bay leaf
1½ cups chopped tomatoes
2¼ cups water
2 tbsp. chopped fresh parsley leaves
2 tbsp. chopped fresh cilantro leaves
1½ cups long grain white rice

Directions:

In a 4-quart medium saucepan heat the oil over high heat until hot.

Add the onion and cook, stirring, until softened, 4 minutes.

Add the garlic, salt, red pepper, and bay leaf and cook, stirring, for 1 minute. Add the tomatoes and cook, about 2 minutes.

Add the water, parsley and cilantro and bring to a boil. Add the rice and stir.

When the liquid returns to a boil, stir again, then cover the pot and reduce the heat to low. Cook the rice undisturbed for 20 minutes. When the liquid is dissolved turn off heat and let it stand for 5 minutes, and then serve.

Portuguese Style FAVAS

Ingredients:

- 4 tbsp. olive oil
- 3 onions, chopped
- 2 garlic cloves, minced
- 2 tsp. red pepper flakes
- ¼ cup tomato sauce
- 2 cups water
- 2 tsp. salt
- 1 tsp. black pepper
- 2 tsp. paprika
- 2 cans fava beans (19 oz can)

Directions:

Start by heating the oil in a large pan on medium heat.

Sauté the onions and garlic until the onions turn transparent.

Combine the ingredients; red pepper flakes, tomato sauce, water, salt, pepper and paprika. Bring to a boil.

After it has started to boil reduce heat and allow it to simmer for 30 minutes.

Add the 2 cans of fava beans stirring them in gently. Cover and cook for another 5 min or until the favas become soft.

Remove from heat and let it stand for several minutes before serving.

Serves 2

TOASTED ALMONDS

Ingredients:

- 2 cups of whole almonds.
- 2 tsp. olive oil
- 1 tsp. salt
- ½ tsp. ground cumin
- ½ tsp. ground coriander

Directions:

Toss all of the ingredients in a large bowl making sure to cover each almond with spices and olive oil.

Bake on a baking sheet in the oven at 350 degrees until they become golden brown.

Take them out of the oven and serve them on a platter.

Serves 2

PORTUGUESE HOMEMADE HOT SAUCE

Ingredients:

- 1 cup Portuguese olive oil
- 2 garlic cloves, minced
- 6 chili peppers
- ½ tsp. crushed bay leaves
- lemon rinds

Directions:

Clean the chili peppers and remove the tops.

Mix the olive oil, bay leaves, lemon rinds, and minced garlic with the chilies and put them in the oven on a low temperature.

Allow the mixture to infuse for several hours in the oven on low heat.

Seal and let sit for at least 48 hours before using.

Makes 1 Bottle

Pickled Onions

Ingredients:

- 20 small onions
- 2 cups wine vinegar
- 2 cups water
- 2 tbsp. of salt
- 3 tbsp. cup of oil
- 2 garlic cloves
- 3 bay leaves
- 1 tbsp. mustard seeds
- 1 tbsp. oregano
- ½ tbsp. clove
- 1 tbsp. oregano
- 1 tbsp. black pepper
- 1 tbsp. red pepper flakes
- 1 big jar with a lid

Directions:

Peel all the onions and rinse them well.

Boil a pot of water and then add the onions to cook for 5 minutes. After 5 minutes, remove them from the pot and set aside in a bowl.

In the pot, add the vinegar, water, olive oil, salt, garlic, bay leaves and spices together and let them boil.

Place the onions in a big jar and add the boiling seasoning over the onions.

Let it cool slightly for 3 minutes and close the lid.

Store in the refrigerator for at least 3 weeks before eating.

Makes 1 Jar

Soups

Kale & Potato Soup - *Caldo Verde*

Ingredients:

- 8 potatoes
- 1 large bushel of kale
- ¼ cup olive oil
- 6 cups water
- 1 large onion
- 3 cloves garlic
- 2 chouriço links
- salt to taste

Directions:

Place chopped potatoes, onions and crushed garlic into 6 cups of water and bring to a boil.

Simmer until the vegetables are tender. Drain the vegetables and retain the liquid.

Blend the vegetables and return them to the liquid.

Add the finely chopped kale, olive oil and the sliced chouriço.

Simmer until the kale is tender, then check for seasoning. Once the kale is added to the soup do not cover the saucepan as this prevents the kale from retaining its color.

Serves 2

Azorean MINT SOUP

Ingredients:

- 2 lb. beef pot roast, cut into pieces
- 4 cloves garlic
- 1 18oz can tomato sauce
- ½ cup coarsely chopped onion
- ½ cup chopped parsley
- 2 celery stalks, chopped
- ½ cup red wine
- 5 cups cold water
- ½ tsp. pepper
- 1 tbsp. salt
- ½ tsp. cumin seeds
- 2 bay leaves
- ½ tbsp. wine vinegar
- 1 head cabbage, cored & chopped
- 1 loaf of bread, cut into 1 inch slices
- 12 whole fresh mint leaves

Directions:

Combine all ingredients except mint and bread in a large pot. Cover and simmer for 6 hours. During last hour, uncover the pot.

At serving time, cover bottom of large, shallow serving dish with bread slices. Lay the mint leaves on top of the bread. Ladle the hot soup on top and serve immediately, enjoy.

Serves 4

CAULIFLOWER SOUP - *SOPA DE COUVE-FLOR*

Ingredients:

- 3 garlic cloves
- 1 large onion
- 4 cups water
- 1 large cauliflower
- 2 tbsp. flour
- 1 tbsp. butter
- 2 cubes chicken stock
- parsley to garnish

Directions:

First boil the cauliflower in salted water until tender, then remove and strain.

Sauté chopped onions and crushed garlic with a little butter in the pot.

Add the now chopped cooked cauliflower.

Add 4 cups of water, butter, the flour and the stock cubes.

Bring it all to a boil while stirring constantly for 10 minutes, until all the ingredients are blended together.

Serve. Garnish with parsley.

Serves 2

CARROT SOUP - *SOPA DE CENOURA*

Ingredients:

4 carrots, sliced
1 stalk celery, sliced
4 cups chicken stock
1 onion
 $\frac{3}{4}$ cup cream
salt & pepper to taste

Directions:

Place sliced carrots, onions, celery and half the chicken stock in a saucepan and bring to a boil.

Let simmer for 15 minutes.

Remove from the pan and using a blender or food processor, puree all the ingredients.

Return to the pan to simmer for 5 minutes. Add salt & pepper to taste.

Serves 1

TOMATO SOUP - *SOPA DE TOMATE*

Ingredients:

- 3 eggs
- 2 lbs. tomatoes
- 1 onion
- ½ cup olive oil
- 1 green pepper chopped
- 4 cups water
- 1 bay leaf
- 1 sprig of oregano
- salt & pepper to taste

Directions:

Place the tomatoes in a saucepan on low heat with water until they are softened, then cut it into pieces.

In a pot, boil the olive oil, when hot add the onion and let them brown.

Add the tomatoes, chopped green pepper, salt and pepper to taste and let it cook until the tomatoes break apart and continue cooking on low heat for about 10 minutes stirring occasionally.

Now add the water, bay leaf, and sprig of oregano and bring to the boil.

Once boiling immediately break the eggs open into the soup and let them cook very briefly and immediately pour the soup into bowls.

Serve with some bread on the side for dipping.

Serves 2

Seafood

CLAMS with GARLIC

Ingredients:

- 2 lbs. littleneck clams
- 2 tbsp. garlic minced
- 1 onion finely chopped
- 4 tbsp. olive oil

Directions:

Wash the littlenecks in cold water to remove any dirt and sand.

In a large sauce pan add olive oil, just enough to cover the bottom of the pan.

Add the minced garlic and finely chopped onion, sauté on medium

heat for about 1 minute.

Now add your littlenecks to the pan, cover it and cook on medium heat for about 8 minutes.

Once done, pour into a serving dish.

Serves 2

PORTUGUESE STYLE MUSSELS

Ingredients:

4 garlic cloves, chopped
2 tbsp. butter
¼ cup olive oil
½ lb mussels
¼ cup Portuguese white wine
¼ cup chopped cilantro
¼ chopped parsley

Directions:

In a large frying pan, add the garlic and butter to the pan and set it on low heat.

Once the garlic has browned a bit, add all of the mussels to the pan.

Pour the olive oil and wine into the pan. Stir the contents together.

Set it on medium heat and cover the pan.

Cook for 15-18 minutes, or until the mussels are done and opened.

Cover with the chopped parsley and cilantro and mix it well.

Serves 2

SHRIMP MOZAMBIQUE

Ingredients:

12 medium sized shrimp
1 onion chopped
1½ tbsp. parsley
1 packet “sazon goya con azafran”
3 garlic cloves chopped
2 tbsp. butter
1 tbsp. olive oil
½ cup white wine or beer
1 cup white rice
salt & pepper to taste

Directions:

In a small bowl add the chopped garlic, sazon goya, crushed red pepper, salt and pepper. Mix gently.

Add 1.5 tbsp. butter and olive oil to a pan with the onion and cook for 4-5 minutes over medium heat.

Add the contents of mixing bowl, stir, and cook for 1-2 minutes. Add wine/beer, bring to boil and reduce for 2 minutes over medium high heat. Add shrimp, parsley and the rest of the butter.

Cook over medium heat until shrimp are done and serve.

Serves 2

ROASTED SHRIMP WITH GARLIC

Ingredients:

- 10 garlic cloves
- ¼ tsp. crushed red pepper flakes
- ¾ cup extra virgin olive oil
- 1 lb large shrimp, peeled
- salt and pepper to taste

Directions:

Preheat the oven to 350 degrees F.

Take a small baking pan and line the bottom of the pan with olive oil, add the garlic cloves, and cover with tin foil. Roast the garlic covered for about 20 minutes.

Remove from the oven and add the shrimp, mix well to make sure the all the shrimp are covered with oil. Add the salt and pepper to taste and cover the pan again.

Bake in the oven again for another 9-10 minutes, until the shrimp are done.

Serve hot.

Serves 2

SPICY SALMON WITH ASPARAGUS

Ingredients:

2 salmon fillets, about 1.5 pounds

½ pound asparagus

½ pound red potatoes

2 tbsp. olive oil

½ tsp. paprika

2 garlic cloves chopped

1 tbsp. hot sauce

1 tbsp. salt

1 tbsp. pepper

Directions:

Marinate the salmon fillets in a bowl with a tablespoon of olive oil, hot sauce, chopped garlic, paprika, salt and pepper.

Cover it and let it marinate in the fridge for about 2 hours.

Take out of the fridge and place the salmon on a greased baking sheet, preheat the oven to 350 degrees Fahrenheit.

Slice the red potatoes into quarters and season them with salt and pepper to taste and the other tablespoon of olive oil and place on the baking sheet.

Chop the asparagus in halves and add them to the baking sheet.

Once ready, place the baking sheet in the oven and let it cook for about 23-25 minutes, or until the salmon is well done and the potatoes have browned a bit. Serve.

GRILLED SWORDFISH

Ingredients:

- 3 swordfish steaks
- 8 tbsp. olive oil
- 5 garlic cloves chopped
- 2 tbsp. parsley chopped
- 1 tsp. salt

Directions:

Place the swordfish steaks in a platter with 3 tablespoons Olive oil to get it ready to grill.

Chop the garlic cloves and parsley and add a pinch of salt with 5 tablespoons of Olive Oil to a small bowl and mix together to create a sauce for the swordfish.

Place the swordfish steaks on a pan to grill on medium heat.

After grilling for about 2-3 minutes, flip the steaks and place the garlic sauce mixture on top of the steaks evenly and let them continue cooking.

After cooking the other sides for about 2-3 minutes and letting the steaks brown, they are done.

Place the finished steaks on a platter to serve, and enjoy!

Serves 2-3

CRAB SALAD

Ingredients:

- 1 lb fresh crab meat
- 2 hard-boiled eggs, chopped
- 1 tbsp. finely chopped parsley
- 1 tbsp. cayenne pepper
- $\frac{1}{4}$ cup cream
- 2 tbsp. Port wine
- 1 tbsp. mustard
- $\frac{3}{4}$ cup mayonnaise of the gourmet variety
- 1 tbsp. salt
- 1 tbsp. pepper

Directions:

Mix the crab, eggs, and parsley in a bowl, add a little salt and toss.

Take a separate bowl and mix the mayonnaise, cream, mustard, Port wine, cayenne and black pepper until they are all mixed well.

Pour the mayonnaise mixture into the bowl with the crab and gently mix the ingredients.

Refrigerate overnight.

Grind black pepper on top and add a little finely chopped parsley before serving.

Ways to serve: Inside of cleaned crab shells, on a bed of fresh lettuce or

simply spoon it on to a small appetizer plate with cherry tomatoes, cucumber slices and pickles.

Serves 2-3

MEAT & pOULTRY

CHOURIÇO & egg BURRITO

Ingredients:

- ¾ pound chouriço sausage, casings removed and crumbled
- ½ cup chopped red onion
- 1 green chili pepper, seeded and diced
- 4 eggs
- 3 flour tortillas
- 1 cup shredded Cheddar cheese
- cooking spray

Directions:

Generously coat a large frying pan with cooking spray.

Cook and stir chouriço over medium high heat until well browned and crumbled. Add the onion and chili pepper, and continue cooking until onion is tender.

Beat eggs in a bowl, and add to chouriço mixture.

Reduce heat to medium-low, and continue cooking and stirring until eggs are scrambled and no longer runny.

Warm flour tortillas in the microwave for 30 seconds.

Spoon mixture into the middle of each tortilla and top with shredded Cheddar cheese.

Roll up like a burrito, and enjoy.

Serves 3

CHOURIÇO & CHICK PEA SALAD

Ingredients:

- 1 pound chouriço
- 1 cans of chick peas, drained
- 1 cherry tomatoes, halved
- 1 tsp. paprika
- 1 tbsp. parsley
- 2 tbsp. olive oil

Directions:

Heat the olive oil in a frying pan on high heat.

Fry the chouriço until it's crispy on the side and the oil turn red.

Stir in the drained chickpeas & paprika and cook for another 2-3 minutes.

Remove from heat and stir in the tomatoes and parsley.

Serve warm.

Serves 2-3

CHOURIÇO & CLAMS Pasta

Ingredients:

- 1 tablespoon olive oil
- $\frac{3}{4}$ pound chouriço, sliced into thin pieces
- 1 onion, thinly sliced
- $1\frac{1}{2}$ pounds clams (preferably littlenecks)
- 4 tomatoes, coarsely chopped
- 4 garlic cloves, minced
- $\frac{1}{2}$ cup shredded basil leaves
- 1 cup white wine
- $\frac{3}{4}$ pound linguine
- salt and pepper to taste

Directions:

Preheat the oven to 450°.

Heat the olive oil in a large saucepan.

Add the chouriço and onion and cook over moderate heat, stirring occasionally, until the onion softens and the chouriço begins to brown, about 5 minutes.

Arrange the clams in the saucepan and add the tomatoes, garlic and 1/4 cup of the basil on top.

Add the wine and roast in the oven, uncovered, for 5 minutes. Stir the clams and roast for about 20 minutes longer, or until most of the clams have opened.

Meanwhile, cook the linguine in a pot of boiling salted water until al dente.

Drain the pasta and transfer it to a large serving bowl.

Pour the chouriço clam sauce over the linguine, season with salt and pepper to taste, and toss it. Serve.

Serves 2-3
CHOURIÇO & PEAS

Ingredients:

- ½ onion chopped
- 2 cloves chopped garlic
- 2 tbsp. olive oil
- ½ cup water
- 1 chouriço cubed
- 2 lbs fresh or frozen green peas, thawed
- 3 eggs

Directions:

Sauté onion and garlic in a saucepan with olive oil for about a minute on medium heat.

Add the chouriço and cook on low heat for approximately 15 minutes.

Add the peas and water and cook until they are tender.

At the end, break eggs into the mixture and let it cook for another 2 minutes.

Serve.

Serves 1

Pulled Pork - *CACOULA*

Ingredients:

2 pounds pork stew meat cut into small cubes
¼ cup white wine
1 tsp. hot pepper sauce
1 tsp. olive oil
2 bay leaves
2 cloves garlic, crushed
1 tsp. paprika
¼ tsp. ground allspice
salt and pepper to taste

Directions:

Rinse the pork and place it in a large bowl.

Pour in wine, olive oil and hot pepper sauce.

Season with the bay leaves; garlic, paprika, all spice, salt and pepper. Mix, to coat pork. Cover, and refrigerate overnight.

Heat a heavy skillet over the stovetop on medium heat. (You can use a crock-pot for this as well) Cook the pork in the marinade until it shreds easily, for about 1 hour. Add water as

needed.

Once it is done, serve with some Portuguese style bread.

Serves 4

PORTUGUESE Style STEAK - *BITOQUE*

Ingredients:

- 1 white onion, thinly sliced
- 1 bay leaf
- ¼ tsp. red chili flakes
- 2 tbsp. red wine
- ¼ tsp. freshly ground black pepper
- 1 steak fillet, 1/2-inch thick
- 1 egg

Directions:

Place all the ingredients together in a bowl and let it sit in the refrigerator for about 2 hours. You can leave it in the fridge marinating over night if you really want the flavor and spice to be absorbed into the steak.

Heat a large pan on high for two minutes.

Remove the steak from its marinade and place in the center of the pan and cook it for 1 minute on the first side. Then flip the steak over and cook the other side for about 2 minutes.

Remove the steak from heat and let it sit for 5 minutes before serving so the juice can redistribute throughout the meat. Fry the egg in the same pan sunny side up and serve it over the steak.

Serves 1

GARLIC STEAK SANDWICH

Ingredients:

- ½ lb sirloin steak, cut thinly
- 5 tbsp. butter
- 6 garlic cloves, chopped
- 1 large onion, thinly sliced
- 1 tsp. coarse sea salt
- ½ tsp. ground black pepper
- 2 Portuguese style sandwich buns, toasted

Directions:

Lay out the steaks on a cutting board or other flat surface.

Lay the garlic on the side of the steaks.

Using a tenderizing mallet, “nail” the garlic to the steak by pounding the slices into the meat.

Repeat on the reverse side of the steaks.

Melt 4 tablespoons of butter in a skillet over medium-high heat.

Fry each steak in butter for two to three minutes, turning once.

Transfer to a dish and cover.

Melt the rest of the butter in the same skillet.

Add the onions and sauté them until golden.

Return the beef to the onions and sauce and heat through for 30 seconds.

Serve on the toasted sandwich rolls, enjoy.

Serves 1

CHICKEN & KALE SALAD

Ingredients:

- 1 lbs. kale leaves, sliced with the stem removed
- 1 lbs. chicken sliced
- 2 whole red peppers, sliced
- 1 avocado sliced
- ¼ cups balsamic vinegar
- 2 tbsp. soy sauce
- 2 tbsp. olive oil

Directions:

In a bowl, whisk together the olive oil, soy sauce and vinegar until completely mixed.

Pour this mixture into a saucepan with the sliced pieces of chicken and grill or sauté it for 3-5 minutes until browned.

In a larger mixing bowl, place kale and peppers.

Then place the cooked chicken into this bowl and drizzle in the sauce and mix the contents together.

Add the sliced avocado on top and mix once more until evenly distributed.

Serves 2-3

Spicy grilled Chicken

Ingredients:

- 3 lb. whole chicken
- 2 garlic cloves, crushed
- 1 tbsp. olive oil
- 1 tbsp. paprika
- 2 tbsp. paprika paste
- 4 tbsp. hot sauce
- 1 lemon
- 1 tbsp. salt
- 1 tbsp. pepper

Directions:

Butterfly the chicken in half with a knife.

Make a paste with the crushed garlic, olive oil, salt, paprika, hot sauce and lemon juice.

Rub the paste thoroughly on each half of the chicken.

Place the chicken halves into a bowl and pour any remaining paste on top. Let marinate in the refrigerator for at least two hours.

Grill the chicken on medium heat for 10-12 minutes. The center of each chicken breast should reach 165° F.

Serve.

Serves 3

Desserts

CHOCOLATE BONBON - *BRIGADEIROS*

Ingredients:

- 1 can condensed milk
- 2 tbsp. cocoa powder
- $\frac{1}{3}$ tbsp. chocolate powder
- $\frac{1}{2}$ cup chocolate sprinkles
- 3 tbsp. butter

Directions:

Pour the condensed milk, cocoa powder, chocolate powder and butter into a saucepan.

On low heat stir the mixture for about 35- 40 minutes. When the mixture starts to thicken pour on to a buttered dish.

Once the mixture has cooled for about 5 minutes, grease your hands with some vegetable oil or baking spray and form small balls.

Dip the balls in the chocolate sprinkles.

Let the bonbons sit in the fridge overnight before serving.

Makes about 18 Bonbons

CHOCOLATE MOUSSE - *MOUSSE DE CHOCOLATE*

Ingredients:

- 1 cup dark chocolate
- 3 eggs, whites only
- 2 tbsp. butter
- 3 egg yolks
- 3 tbsp. water

Directions:

Over low heat, dissolve the chocolate in the water, taking care not to boil.

When smooth and creamy, remove from heat to cool slightly and add the butter.

Beat the egg whites thoroughly and then add the egg yolks to the chocolate, pouring them in slowly and stirring constantly.

Return to low heat and cook for another 5 minutes.

Remove from heat and pour the chocolate mixture into serving dishes and chill overnight before serving.

Serves 1-2

POPOVERs – CAVACAS

Ingredients:

- 9 eggs
- 2 cups of flour
- 1 cup of vegetable oil

Ingredients for the icing:

- 2 cups confectioners' sugar
- 2 tbsp. of warm milk

Directions:

Pour the ingredients into a large bowl, using an egg beater, mix all the ingredients together thoroughly into a batter.

Using a large cupcake pan, grease the pan and fill each cup with the mixed batter about a $\frac{3}{4}$ of the way.

Bake in the oven for at 350° for 30 minutes, do not open oven door while it's cooking or the popovers will collapse instead of rising.

After it cools down your ready to make the icing.

Directions for icing:

Mix the confectioners' sugar with the warm milk and stir until the mixture is a syrupy consistency.

Finally, drizzle the icing on top of the baked popovers.

Makes about 10 Popovers

SWEET RICE - *ARROZ DOCE*

Ingredients:

- 2 cups water
- 1 cup white rice
- 2 cups hot milk
- 1 cup sugar
- 1 tbsp. fresh lemon rind
- 1 tbsp. cinnamon

Directions:

Bring water to a boil in a medium saucepan.

Add rice and cover, simmering on low-medium heat for 20 minutes.

Add the milk, sugar and lemon rind, stirring constantly until the mixture is thickened to oatmeal consistency, about 15-20 minutes. It will also thicken some while cooling.

Pour into one large serving plate.

Set aside and let cool for about an hour.

Sprinkle the cinnamon on top and serve.

Serves 3

ABOUT THE AUTHORs

We are two second generation Portuguese-American cousins by the names of Tiago Moniz and Pedro Bicudo. We cherish our heritage by enjoying the delicious food of our Portuguese culture. Together we wanted to share our favorite family recipes with everyone. If you enjoyed this book please visit our website at easyportugueserecipes.com.